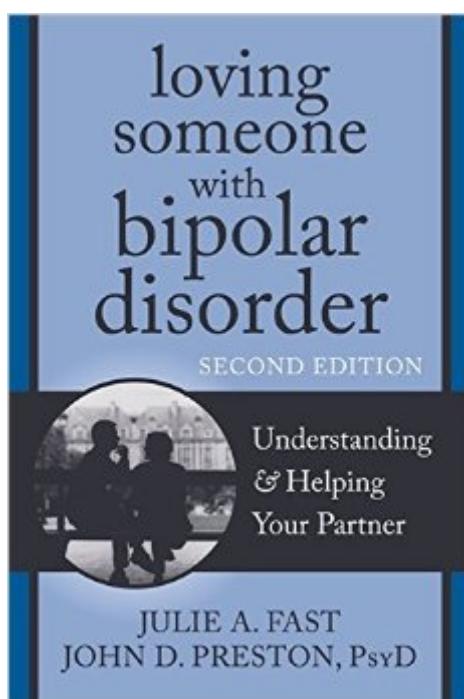


The book was found

Loving Someone With Bipolar Disorder: Understanding And Helping Your Partner (The New Harbinger Loving Someone Series)



Synopsis

Maintaining a relationship is hard enough without the added challenges of your partnerâ™s bipolar disorder symptoms. Loving Someone with Bipolar Disorder offers information and step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. This book explains the symptoms of your partnerâ™s disorder and offers strategies for preventing them and responding to these symptoms when they do occur. This updated edition includes a new section about the medications your partner may be taking so that you can understand the side effects and help monitor his or her bipolar treatment. As a supportive partner, you deserve support yourself. This book will help you create a more balanced, fulfilling relationship. Improve your relationship by learning how to: Identify your partnerâ™s symptom triggers so you can prevent episodes Improve communication by stopping irrational “bipolar conversationsâ • Handle your partnerâ™s emotional ups and downs Foster closeness and connection with your partner Â

Book Information

Series: The New Harbinger Loving Someone Series

Paperback: 256 pages

Publisher: New Harbinger Publications; Second Edition edition (January 2, 2012)

Language: English

ISBN-10: 1608822192

ISBN-13: 978-1608822195

Product Dimensions: 0.5 x 5.8 x 8.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (105 customer reviews)

Best Sellers Rank: #15,289 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Mental Health > Bipolar #15 inÂ Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #28 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

When I originally got this book, I started reading from the beginning like any other book. I wasn't too far in before I had to set it aside. It didn't seem to apply. The descriptions and wording came off like one woke up one day and their counterpart was suddenly acting out of character, which was certainly not the case for me. I'd spent nearly two decades with this individual, and the way they

were acting when diagnosed was typical behavior for them all along. It wasn't watching them become someone I didn't recognize, as the beginning of the book describes, because it was who I came to know them as in the first place. So, I set it aside for a few months. I picked it back up again once I'd had some much time outside of the situation to regain some objectivity, and also after noticing that one of the reviews for it had disappeared. That review resonated very well in general with how I felt about this title, and I'm sorry to see that it's gone. With that in mind, I will try to cover some of the same info that it contained. There is a fairly clear message presented in the pages this book: This can work, but it's not a sure thing, and it's not going to happen overnight. For this to work, you have to be willing to sacrifice of your hopes, dreams, future, lifestyle, etc. You need to be willing put in a good deal of effort for a goal that you may never reach. Results will take time, perhaps a lot of time. There is no cure for bipolar, so you and your partner are in for a lifetime of struggling to manage it. You have to be able to forgive AND *forget* all of your partner's past behavior, as if it never happened, as well as their future behavior. If you're not able to do all of that, or have reservations, then you have some serious questions to answer for yourself.

[Download to continue reading...](#)

Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner BIPOLAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Community as Partner: Theory and Practice in Nursing (Anderson, Community as Partner) Blood, Fire, and Thorn (Harbinger of Doom - Volume 5) (Harbinger of Doom series) Gods of the Sword (Harbinger of Doom - Volume 6) (Harbinger of Doom series) The Shambling Dead

(Harbinger of Doom - Volume 7) (Harbinger of Doom series) THE FALLEN ANGLE (Harbinger of Doom Volume 2) (Harbinger of Doom series) Master of the Dead (Harbinger of Doom -- Volume 8) (Harbinger of Doom series) Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts

[Dmca](#)